IMEC (Marie Cobel) with “Friends”
January 15, 1987

Session 219: Marie discusses the mental state of channeling

Summary:
There are three states of consciousness that are brought into awareness through channeling; awareness of ideas, in between is passive acceptance C2, and nothingness. Typically, a space where it is difficult to speak. An experience. In silence it is possible to have the full experience. Appears like C1 but the aspects are asleep. C2 is a secondary consciousness state. Like resonate tuning. Should take place with the mental and emotional body not engaged. For the third point on the triangle, a monitor has to be present to create a point. Of C1 so the second point is in C2 and the third point is the friends. The monitor makes the memory possible to relate the learning from the friends.

One of the stated goals of the channeling was to be able to move effortlessly between the different states of consciousness.

Report by Daniel Erickson